

Low Birth Weight (AK 16-USDA 141)

Explain to Participant	You infant/child is enrolled in the WIC program today because his/her birth weight is ≤ 5 pounds 8 ounces (≤ 2500 g). Low birth weight (LBW) is a strong predictor of growth in early childhood. Infants and children born with LBW need the best nutrition support for their rapid and complete growth and development.	
Goal	The goal is to provide the best nutritional support for LBW infants rapid and complete growth and development.	
Suggestions for Reducing Risk	<p>Follow the recommendations of your infant's health care provider.</p> <p>Explain the nutrition education materials suggested</p> <p>Refer to a Registered Dietitian (RD).</p> <p>Offer breastmilk or iron-fortified formula for the entire first year.</p> <p>Explain infant feeding cues and practices.</p> <p>Offer a variety of foods from all the food groups every day.</p> <p>Avoid the temptation to force-feed your child.</p>	
Nutrition Education Material Suggested:	Food for Your Baby's First Year & Hot Food Facts For Cool Kids You Can Help Your Child Gain Weight	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Cereal	Iron
	Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
	Iron Fortified Infant Cereal	Iron
	WIC Juice	Vitamin C
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	Bright Future for Infants	